

## **Co-Dependents Anonymous Sunday Morning Meeting Format**

Welcome everyone to the Sunday morning meeting of Co-dependents Anonymous, my name is... I am the group secretary. Newcomers are welcome to relax and listen and are under no obligation to share unless they wish to do so. It is recommended that you come to at least 6 meetings to decide if CoDA is for you. At 11:50 newcomers are invited to introduce themselves or say hello.

It was decided at group conscience that everyone must show their face on video for the protection of all our members and You can then turn it off if you have problems with the internet. If you don't show your face the host will remove you from the meeting. We treat this meeting the same as a face to face, if you are doing anything which may be distracting please turn your camera off.

I ask that everyone please keep their microphones on mute unless you are sharing. Intergroup decided that the only information to be shown on your zoom profile is your first name and first initial of your surname if necessary. Thank you for your cooperation.

### **<Preamble>**

Co-Dependents Anonymous is a fellowship of people whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We gather together to support and share with each other in a journey of self-discovery —learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviours.

We rely upon the Twelve Steps and Twelve Traditions for knowledge and wisdom. These are the principles of our program and guides to developing honest and fulfilling relationships with ourselves and others. In CoDA, we each learn to build a bridge to a Higher Power of our own understanding, and we allow others the same privilege.

This renewal process is a gift of healing for us. By actively working the program of Co-Dependents Anonymous, we can each realise a new joy, acceptance and serenity in our lives.

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### **<read Welcome>**

Can I ask someone to please read the Welcome. (If secretary reads it short version below)

Co-dependents Anonymous is a program of recovery from co-dependence, where each of us may share our experience, strength, and hope in our efforts to find freedom where there has been bondage, and peace where there has been turmoil in our relationships with others and ourselves. Co-dependence is a deeply-rooted, compulsive behaviour. It is born out of our sometimes moderately, sometimes extremely dysfunctional families and other systems.

We attempted to use others as our sole source of identity, value, well-being, and as a way of trying to restore our emotional losses. Our histories may include other powerful addictions which we have used to cope with our co-dependency. We have all learned to survive life, but in CoDA we are learning to live life. Through applying the Twelve Steps and principles found in CoDA to our daily lives and relationships, both present and past, we can experience a new freedom from our self-defeating lifestyles. Our sharing helps us to free the emotional bonds of our past and the compulsive control of our present. No matter how traumatic your past or despairing your present may seem, there is hope for a new day in the program of Co-Dependents Anonymous. May you find a new strength within to be that which God intended - Precious and Free

### <read 12 Steps>

#### **The Twelve Steps of Co-Dependents Anonymous**

1. We admitted we were powerless over others - that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other codependents, and to practice these principles in all our affairs.

### <read 12 Traditions>

#### **The Twelve Traditions of Co-Dependents Anonymous**

1. Our common welfare should come first; personal recovery depends upon CoDA unity.
2. For our group purpose there is but one ultimate authority - a loving higher power as expressed to our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership in CoDA is a desire for healthy and loving relationships.
4. Each group should remain autonomous except in matters affecting other groups or CoDA as a whole.
5. Each group has but one primary purpose - to carry its message to other codependents who still suffer.
6. A CoDA group ought never endorse, finance, or lend the CoDA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim.
7. A CoDA group ought to be fully self-supporting, declining outside contributions.

8. Co-Dependents Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. CoDA, as such, ought never be organised; but we may create service boards or committees directly responsible to those they serve.
10. CoDA has no opinion on outside issues; hence the CoDA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films and all forms of social media.
12. Anonymity is the spiritual foundation of all our traditions; ever reminding us to place principles before personalities.

**Statement on cross-talk:** In our meetings we speak about our own experience and we listen without comment to what others have to share. We work towards taking responsibility in our lives, rather than giving advice to others; this is why crosstalk is strongly discouraged in our meetings. Cross-talk guidelines help us keep our meetings a safe place. For more information please refer to the Newcomer's Handbook. Examples of crosstalk may include, but are not only limited to: giving unsolicited feedback; advising; answering; making 'you' and 'we' statements; interrogating; debating; criticising; controlling; dominating; minimising another person's feelings or experiences; body movements such as nodding one's head or other gestures; verbal sounds or noises; referring to someone present by name. Crosstalk may be addressed directly in this meeting by re-reading this statement.

**Statement on 13th stepping** - This term describes unhealthy and inappropriate sexual behaviours that may take place within the fellowship. 13th stepping is strongly discouraged in this meeting. If you feel this is happening to you please contact a safe member to share your concerns after the meeting. Read page 101 of the CoDa big book for more information.

**Meeting Topic:** As this is week (\*\*) of the month, today's meeting will be a ...

|        |   |
|--------|---|
| Week 1 | Step of the month ( January Step 1, February Step 2 etc)                        |
| Week 2 | Chair (invite someone present to speak of their experience, strength & hope)    |
| Week 3 | Discussion on service (Red Book pgs 215,238,272,275,282,342& 355) / Tradition 1 |
| Week 4 | Blue Coda Book reading (if reading stories from back of book limit to 10 mins)  |
| Week 5 | Reading from the Daily Meditation Book (Small red book)                         |

After the reading the secretary announces a three minute silent meditation on the reading.

### Timing

This is a timed meeting with an allocation of 4 minutes sharing per person. (vocal cue will be said with 1 minute to go and again when sharing time is finished. The timing is a service position. Is anyone willing to do the timing?

The room will stay open for ten minutes after the meeting for newcomers / anyone who didn't get to share. The secretary will ask for two fellows to stay on after the meeting.

For those who have joined late please show your face on video and please ensure that the only information on your zoom profile is your first name and first initial of surname if necessary. Once you have checked in by video you may turn your video off for the remainder of the meeting. If you don't turn your video off the host will remove you from the meeting. Thanks for your respect and cooperation. (Pause and wait for all videos to be turned on)

At 11:50 we will have newcomers time where newcomers are invited to introduce themselves or say hello.

The meeting is now open for sharing.

The closing time for the meeting is 12:15 (on the first Sunday of the month) the closing time is 12 to allow a group conscience to take place.

At 12 let the group know that there is time for 2 more shares. (11:50 on the first Sunday of the month for group conscience which is usually wrapped up in 20 minutes)

Between 12:05 and 12:10 wrap up the meeting.

### **Closing**

**7th Tradition** Every Coda group ought to be fully self-supporting, declining outside contributions. You can donate to Intergroup on [Codaireland.com](http://Codaireland.com). Intergroup donations are used to support CoDa on a local, national and international level.

Is anyone willing to be a temporary sponsor?

Any Coda announcements?

A Whatsapp Group for outreach has been setup if anyone wishes to be included please message Eileen H (0876575366)

Is there anyone willing to be a CoDa sponsor? If so please raise your hand.

Service positions are an important part of our recovery. The position(s) of ..... is currently open in this group.

Thanks to...for co-hosting ... for sharing on the reading... for doing the timing, and everyone who made the meeting possible.

We read the promises (Secretary reads one and says pass to allow others to read.)

### **The Twelve Promises of Co-Dependents Anonymous**

I can expect a miraculous change in my life by working the program of Co-Dependents Anonymous. As I make an honest effort to work the Twelve Steps and follow the Twelve Traditions...

1. I know a new sense of belonging. The feeling of emptiness and loneliness will disappear.
2. I am no longer controlled by my fears. I overcome my fears and act with courage, integrity and dignity.
3. I know a new freedom.
4. I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.

5. I know a new love and acceptance of myself and others. I feel genuinely lovable, loving and loved.
6. I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.
7. I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy.
8. I learn that it is possible to mend – to become more loving, intimate and supportive. I have the choice of communicating with my family in a way which is safe for me and respectful of them.
9. I acknowledge that I am a unique and precious creation.
10. I no longer need to rely solely on others to provide my sense of worth.
11. I trust a guidance I receive from my higher power and come to believe in my own capabilities.
12. I gradually experience serenity, strength, and spiritual growth in my daily life.

**Tradition 12:** Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. That means: Who you see here, what you hear here, when you leave here, let it stay here.

(If anything is proposed at group conscience) say

It was proposed at group conscience that we... (for example, don't always read out of the meditation book and instead read from different books) This will be discussed and voted on at next group conscience.

We close with the extended Serenity Prayer, for those who wish to unmute and join in.

**Extended Serenity Prayer:** God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Grant me patience with the changes that take time, appreciation of all that I have, tolerance of those with different struggles, and the strength to get up and try again, one day at a time.